



Week 1 12 13 14



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run a conversational pace		5 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	4x 1 mile runs at tempo pace 1 minute recovery jog between each.	5 miles. Long distance run at a conversational pace.	4x 90 second hill walk with 1 minute recovery jog between each.
		5x 20 second strides.				1 mile warm up and cool down.

Notes:		



Week 2 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles. Long distance run at a	4 miles. Long distance run at a	5 miles. Long distance run at a	4 miles. Long distance run at a	3 mile run at tempo.	5 miles. Long distance run at a	8x 400M with 400M
conversational pace.	conversational pace.	conversational pace.	conversational pace.	1 mile warm up and cool	conversational pace.	recovery jog at 95-100 seconds.
		5x 20 second strides.		down.	5x 20 second strides.	1 mile warm up and cool
						down.

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Week 3 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles. Long distance run at a conversational pace.	3 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	5x 1200M at tempo pace with 1 minute of rest between each.	5 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	6x 90 second hill walk with 1 minute recovery jog between each.
		5x 20 second strides.	10 minute warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

Notes:		



Week 4 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	6 miles. Long distance run at a conversational pace.	8x 400M at tempo pace with 400M reovery jog at 95-100 seconds.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	5K road race <i>or</i> 3 miles at tempo with 2 mile warm up and cool down.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	

Notes:		



Week 5 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	7 miles. Long distance run at a conversational pace.	5x 1 mile runs at tempo pace with 1 minute recovery jog between each.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	5K road race <i>or</i> 3 miles at tempo with 2 mile warm up and cool down.
		5x 20 second strides.	1 mile warm up and cool		5x 20 second strides.	
			down.			

Notes:		



Week 6 12 13 14

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Sur	nday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 m	niles.	4 miles.	7 miles.	6x 800M at 3:25 pace	7 miles.	4 miles.	5 miles at marathon
Lon	g distance run at a	Long distance run at a	Long distance run at a	with 3 minute recovery	Long distance run at a	Long distance run at a	pace.
con	versational pace.	conversational pace.	conversational pace.	jog between each.	conversational pace.	conversational pace.	
							1 mile warm up and cool
			5x 20 second strides.	1 mile warm up and cool		5x 20 second strides.	down.
				down.			

Notes:		



Week 7 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
16 miles. Long distance run at a conversational pace.	Rest day.	8 miles. Long distance run at a conversational pace.	8x 90 second hill walk with 1 minute recovery jog between each.	7 miles. Long distance run at a conversational pace.	4 miles. Long distance run at a conversational pace.	3x 2 mile runs at tempo with 2 minute recovery jog between each.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

Notes:	



Week 8 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles.	8 miles.	5 miles.	6x 800M with 3 minute	7 miles.	5 miles.	10K Road race or 6 mile
Long distance run at a	Long distance run at a	Long distance run at a	recovery jog between	Long distance run at a	Long distance run at a	tempo run at 7:30 pace.
conversational pace.	conversational pace.	conversational pace.	each.	conversational pace.	conversational pace.	
						1 mile warm up and cool
		5x 20 second strides.	1 mile warm up and cool		5x 20 second strides.	down.
			down.			

Notes:	



Week 9 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
18 miles.	5 miles.	7 miles.	4x 1200M with 5 minute	6 miles.	5 miles.	7 miles at marathon
Long distance run at a	Long distance run at a	Long distance run at a	recovery jog between	Long distance run at a	Long distance run at a	pace.
conversational pace.	conversational pace.	conversational pace.	each.	conversational pace.	conversational pace.	
						1 mile warm up and cool
		5x 20 second strides.	1 mile warm up and cool		5x 20 second strides.	down.
			down			

Notes:		



Week 10 12 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
2 miles easy, 9 miles at marathon pace.	Rest day.	7 miles. Long distance run at a conversational pace.	10x 400M with 2 minute recovery jog at 95-100 seconds	7 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	10 miles. Long distance run at a conversational pace.
1 mile cool down.		5x 20 second strides.	1 mile warm up and cool down.	conversational pace.	5x 20 second strides.	conversational pace.

Notes:		



Week 11 13 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
20 miles. Long distance run at a	5 miles. Long distance run at a	8 miles. Long distance run at a	8x 800M with 3 minute recovery jog between	7 miles. Long distance run at a	5 miles. Long distance run at a	6 mile tempo run.
conversational pace.	conversational pace.	conversational pace.	each.	conversational pace.	conversational pace.	1 mile warm up and cool down.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	

Notes:	



Week 12 14

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles.	6 miles.	8 miles.	8x 90 second hill walk	8 miles.	5 miles.	Half marathon at
Long distance run at a	Long distance run at a	Long distance run at a	with recovery jog	Long distance run at a	Long distance run at a	marathon pace.
conversational pace.	conversational pace.	conversational pace.	between each.	conversational pace.	conversational pace.	
						1 mile warm up and cool
		5x 20 second strides.	1 mile warm up and cool		5x 20 second strides.	down.
			down.			

Notes:	



Week 13

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles.	Rest day.	5 miles.	8x 800M with 3 minute	6 miles.	5 miles.	10 miles at marathon
Long distance run at a		Long distance run at a	recovery jog between	Long distance run at a	Long distance run at a	pace.
conversational pace.		conversational pace.	each.	conversational pace.	conversational pace.	
						1 mile warm up and cool
		5x 20 second strides.	1 mile warm up and cool		5x 20 second strides.	down.
			down.			

Notes:	



Week 14

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles. Long distance run at a conversational pace.	Rest day.	5 miles. Long distance run at a conversational pace.	10x 400M with 2 minute recovery job at 90-95 seconds.	6 miles. Long distance run at a conversational pace.	5 miles. Long distance run at a conversational pace.	2 mile run at tempo, 1 hour easy, 2 mile run at tempo.
		5x 20 second strides.	1 mile warm up and cool down.		5x 20 second strides.	1 mile warm up and cool down.

Notes:	



Week 15

Week 15 41411414.1144.114.1144.114

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles.	3 miles.	5 miles.	5x 1 mile runs at tempo	5 miles.	4 miles.	15 miles at marathon
Long distance run at a	Long distance run at a	Long distance run at a	with 1 minute recovery	Long distance run at a	Long distance run at a	pace.
conversational pace.	conversational pace.	conversational pace.	job between each.	conversational pace.	conversational pace.	
						1 mile warm up and cool
		5x 20 second strides.	1 mile warm up and cool			down.
			down.			

Notes:	



13 14 Week 16

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	5 miles.	4x 1000M at 4:15 tempo	3 miles.	Rest day.	3 miles.	Run your race!
	Long distance run at a	pace.	Long distance run at a		Long distance run at a	
	conversational pace.		conversational pace.		conversational pace.	
		1 mile warm up and cool				
		down.				

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